

SAC EXCLUSIVE

The official newsletter of Sacramento City Unified School District's (SCUSD) Student Advisory Council (SAC)

THIS ISSUE:

TEACHERS OF THE
MONTH - 1

2021 GOALS - 4

WHEN DO BLACK FOLKS
GET REPRIEVE? - 5

JANUARY HOLIDAYS - 7

H.O.P.E. INITIATIVE - 8

FINALS WEEK STRESS
RELIEF - 10

SUNRISE MOVEMENT - 11

MENTAL HEALTH
RESOURCES - 13



TEACHERS OF THE MONTH

SELECTED BY SCUSD STUDENTS

Going into 2021, we recognize how hard teachers have had to work throughout 2020. We thank them all for their patience and care for us as students.

The SCUSD Student Advisory Council is so proud to announce these three teachers as our January Teachers of the Month.

We thank each of them for going above and beyond to serve their students and our district. On behalf of the SAC, thank you!

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TEACHERS OF THE MONTH

SELECTED BY SCUSD STUDENTS

(Continued)

Elementary School: Alice Birney Waldorf

Mr. Francico Hurtado: 4th Grade

"Mr. Hurtado is very patient with us and does not yell and always gives us three tries before we get in trouble. He always finds fun ways to teach us and if we tell him that we don't understand something he will always explain it to us again." -Beatriz De Leon

"Mr. Hurtado is a wonderful teacher and very understanding that on Zoom we have glitches. He's just really great! He is patient and nice and always understanding. That's why I think he should be teacher of the month!" -Viva De Kok

Middle School: Sutter Middle School

Ms. Heidi Gaynor: 7th Grade

"Ms. Gaynor is great at distance learning. She teaches us math in new and interesting ways each day. A Kahoot here, an escape room there, you never know what interesting math lesson you will have! You can always email her if you have any questions, so she is always there even if you can't see her face to face (or video to video). She is understanding, so if you just can't grasp a problem she has already gone over, she will redo it with you, helping you when you get stuck." - Brenna Kaufman

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TEACHERS OF THE MONTH

SELECTED BY SCUSD STUDENTS

(Continued)

"I believe that Ms. Gaynor deserves recognition because she made me realize that math isn't that bad. When my 6th grade teacher told me that she would recommend math 7/8 when I got to 7th grade, I was sad that I wouldn't be in class with my friends. But when I logged onto the first zoom math class, Ms. Gaynor gave us all a very warm welcome. Frankly, ALL of my teachers at Sutter Middle School gave me a very warm welcome. But when I was struggling a little bit to keep up in her class, Ms. Gaynor let me meet with her after class a few times, and she helped me out! She always posts extra resources for people to use, and she always posts videos explaining the lesson homework. She is a very kind, and understanding teacher." - Lauryn Lee

High School: John F. Kennedy

Ms. Kristen Golding: 9th Grade

"Since day one, Ms. Golding has been a very calm and understanding teachers towards her students. She makes her classes fun by making jokes or joking around with us. If a student ever needs more time on an assignment, she will give them plenty of time to finish them. She really cares about her student's mental and pyhsical health." - Camila Diaz Palacios



2021 GOALS

BY YUSRA HASSAN
HIRAM JOHNSON HIGH SCHOOL

It's the start of a new year! Let us know what your goals and plans are by simply filling out this short form. We wish you all the best of luck and thanks so much for participating.

<https://tinyurl.com/SAC-resolutions>



WHEN DO BLACK FOLKS GET REPRIEVE?

BY ARIANNE MCCULLOUGH
C.K. MCCLATCHY HIGH SCHOOL

The election of 2020 has come to pass, as we waited in suspense and anticipation, Biden has been the pronounced winner. News everywhere said that this election would be the one to decide people's lives, but who would be the most affected by this outcome? The ones who turned out in unbelievable numbers, the Black community.

It's 1965, you're waiting anxiously for the 15th amendment to be ratified and then there was an announcement in all the newspapers saying that Black people now have the right to vote in elections. Of course there was a positive response from the Black community, but that didn't last long. They finally had the ability to enact change, so what did they do? The Black community took advantage of a human right they fought and died for, every year they came out and voted knowing the outcome would only amount to nominal gains in the community.

When the first biracial president was elected in 2008 there was a matter of pride and honor. We hoped that he would be the catalyst of change in America, which was systematically made to oppress Black people. Obama talked of all the things he would do for the Black community. When the time came in 2008, 96% of Black women and 95% of black men came out to vote for Obama carrying the weight of making the right choice and making him accountable to the promises he campaigned on. Black people drove Obama's historic win.

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WHEN DO BLACK FOLKS GET REPRIEVE?

BY ARIANNE MCCULLOUGH
C.K. MCCLATCHY HIGH SCHOOL

(Continued)

As the 2020 election has ended we see a familiar face in Joe Biden. Black voters mattered. Finally Trump is begrudgingly leaving office. There has been an intermission, for now, of the continuous attacks that Trump created and the effects it had on Black people's mental health. Albeit he is the effect and not the cause, with the murders of George Floyd, Breonna Taylor, and the shooting of Jacob Blake, Black people have been continually protesting and being a part in major movements throughout the world causing their mental health to be diminished. The added stress of the Presidential election, systemic racism, has caused a considerable amount of stressors which manifests in many different ways, such as, stomach discomfort, abnormal sleep patterns, over- or under-eating, and frequent feelings of anxiety.

Black people have participated in democracy. When do they get to see the fruits of their labor? They have one egregious white guy out of office, a less terrible one is coming in. Though Biden says he would like to get policies passed for the Black community, Black people still have the job of holding him accountable.

The amount of pressure that lies within being the savior is immense. Black people, Black women in particular, carry the weight of the world, which seems dramatic but when you have to think not only about yourself, but your family, an entire race when deciding on matters, it's overwhelming. The amount of people who voted for Trump this year was over 70 million people, that's 70 million people who believe in racist ideologies. The idea of people who support your oppression causes extreme anxiety within Black people, leaving them to wonder if they're going to be the next Breonna Taylor or Jacob Blake.

In our current times, it is essential to take care of yourself and promote self care for those around you. You guys are the driving force behind every change in America today. Black Lives Matter. Black Mental Health Matters.



JANUARY HOLIDAYS

BY ROSEMARY VANG
KIT CARSON INTERNATIONAL ACADEMY

We would like to celebrate a couple of different events and holidays that occur this month.

Some events & holidays celebrated include . . .

01/04 - World Braille Day

*Observed to raise the importance of Braille as not only a form of communication for blind and partially sighted people, but also as human right.

*Celebrated on January 4th, the birthday of the French educator that invented the braille system, Louis Braille

01/06 - Epiphany or Dia de los Reyes (Three Kings Day)

*Observed by some Christians recognizing the three Wiseman that visited Jesus 12 days after his birth.

*Celebrated with Epiphany singing, chalking the door, having ones house blessed, eating three Kings cake, winter swimming and attending church services

01/18 - Martin Luther King Jr. Day

*Celebrating birth of civil rights activist and Noble peace prize recipient

*Celebrated by all across the country are held to memorialize MLK's famous march on Washington for jobs and freedom

01/27 Holocaust Remembrance Day

*Holocaust remembrance day for the lives lost, people who saved lives, and those who survived the Holocaust.



SCUSD STUDENT ADVISORY COUNCIL

THE H.O.P.E. INITIATIVE

Honoring Optimism & Positivity Everywhere

**READ THE INFORMATION ON THE
NEXT PAGE TO LEARN HOW TO
GET INVOLVED**

Contact us through email at
scusd.studentadvisorycouncil@gmail.com

YOU CAN GET INVOLVED!

Submissions due by February 26, 2021

We all know that 2020 has been a difficult year for all of our SCUSD students and families. Our project aims to continue to find HOPE throughout the tough times. We're inviting all students K-12 to submit an answer to this question:

What gives you hope?

Students are encouraged to submit their answers to this question by creating any of the following projects :

essays / poetry / videos / drawings /
paintings / songs / photography / memes

**please submit a copy or scanned photo of your project to
scusd.studentadvisorycouncil@gmail.com**





FINALS WEEK STRESS RELIEF

BY ABBY MORIOKA
WEST CAMPUS HIGH SCHOOL

We understand how stressful and overwhelming finals can be, especially given the circumstances. Here are some tips to help you stay calm and relaxed:

- Get lots of sleep
- Exercise, taking a 10-minute walk relieves stress and resets the mind
- Make time for fun and activities you enjoy
- Write about your feelings
- Take a hot bath or shower
- Create a study schedule
- Stay connected with friends
- Eat healthy and hearty meals
- (Try to) relax your breathing
- Check out these animal live cameras during study breaks:

<https://zoo.sandiegozoo.org/cams/penguin-camo>

<https://zoo.sandiegozoo.org/cams/koala-camo>

<https://www.sdzsafaripark.org/elephant-camo>

<https://explore.org/livecams/warrior-canine-connection/service-puppy-camo> <https://explore.org/livecams/cats/spcala-cat-porch>



SUNRISE MOVEMENT

BY MADDIE COLE
WEST CAMPUS HIGH SCHOOL

Climate change is changing life as we know it and is going to be the biggest fight for our future generations. Coming into the new year, think of new ways you can help out in the fight for our future. Small changes such as eating less meat, walking/biking as much as possible, and using reusable containers are important and achievable tasks, but the most important tool for combating climate change is knowledge. Your education and your voice are your greatest weapons. This year take the time to educate yourself and your families with some of the resources below:

Movies/documentaries(in order from most to least young kid-friendly)

- **The Lorax**- based on the Dr.Seuss book, great for all ages.
- **Arctic Tale**- a kid-friendly story on climate change's effect on the Arctic.
- **Wall-E**- this Disney-Pixar classic explores a future in which climate change isn't handled.
- **Ice Age**- meltdown- In this humorous film from the ice age series the characters live through the effects of global warming.
- **Hoot**- a kid-friendly comedy about an adventure to save owls.
- **Boy and the World**- a beautifully drawn story about the importance of family and environmentalism.
- **2040**- a hopeful documentary on the world we can have if we all take action on climate change.
- **I Am Greta**- a documentary on the teenage activist Greta Thunberg.
- **An Inconvenient Truth**- the classic climate change documentary, more suitable for older kids.
- **This Changes Everything**- a documentary on the importance of grassroots activism.

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SUNRISE MOVEMENT

BY MADDIE COLE
WEST CAMPUS HIGH SCHOOL

(Continued)

- **Snowpiercer**- A post-apocalyptic thriller for teens and adults that takes on the theme of climate change and the politics surrounding it.

Know teens and pre-teens that want to join the fight?

Join me at Sacramento Sunrise! The Sunrise movement is a national organization pushing for climate action and a Green New deal. We're always looking for young people with any level of availability.

For more information visit our website:

<https://sites.google.com/view/sacsunrise/home>

or our Instagram @sunrisemvmtsac



MENTAL HEALTH RESOURCES

BY SIERRA JACOBS & ABBY MORIOKA
 GEORGE WASHINGTON CARVER HIGH SCHOOL &
 WEST CAMPUS HIGH SCHOOL

With COVID-19 at the forefront of people's minds, mental health is more important than ever, especially since September was Suicide Prevention and Recovery Month. Sacramento CitiesRISE found that **65% of youth** did not know where to seek mental health resources and the American Medical Journal Association: JAMA Network Open found that **a quarter** of Americans are currently experiencing symptoms of depression, **three times** as many as before the pandemic. Taking all of this into account, students need to prioritize mental health now more than ever. Below is a list of mental health resources to assist you in this difficult time. Always remember that YOU MATTER!

- Virtual Calming Room: calmingroom.scusd.edu
- 916-SUPPORT(787-7678)/ thesourcesacramento.com (24/7 hotline and resources for anyone 21 and under)
- Suicide Prevention Hotline 24/7: (916)368-3111
- Crisis Text: text HOME to 741741
- The Trevor Project Lifeline: 1-866-488-7386/ thetrevorproject.org (24/7 hotline and resources)
- Trans Lifeline: (877) 565-8860 (suicide prevention hotline for transgender folks)
- California Youth Crisis Hotline: 800-843-5200 (text line also)
- NAMI Sacramento: namisacramento.org (mental health resources and more)
- Hope Cooperative Peer Support Line: 1 (855) 502-3224
- Mental Health Crisis Triage Services: <https://dhs.saccounty.net/BHS/Pages/Mental-Health-Crisis-Triage-Services.aspx>

WANT TO BE FEATURED IN OUR NEXT EDITION?

Every month, the SAC will continue to name Teachers of the Month. We're looking for teachers who have gone **above and beyond** to make your learning experience as enjoyable as possible.

Know a teacher who deserves it?

Let us know why here: <https://tinyurl.com/nominate-teacher-jan>

What would you like to see in future editions of the SAC Exclusive?

Let us know here: <https://tinyurl.com/SAC-ideas>

We hope you enjoyed reading the January 2021 edition of the SAC Exclusive, be sure to share with friends!

The SAC wishes you and your family a Happy New Year!

